

**What is claimed is:**

- 1) **An orthotic device comprising a generally foot sole shaped base of a material that resists deformation and having a metatarsalphalangeal area and a heel area and including a depressable or interdigitated portion in the metatarsalphalangeal area of the orthotic device that underlies the metatarsalphalangeal aspect of the foot of a user.**
- 2) **The orthotic device of claim 1 further including an interdigitated portion in the heel area that underlies the heel of a user.**
- 3) **The orthotic device of claim 1 having an upper and a lower surface and a thickness wherein said interdigitated portion is defined by a relieved area cut, attached, or otherwise formed in said lower surface and said relieved area defines one or more resilient prongs that flex to store energy when the weight of a user is applied thereto and flex to release said stored energy when said weight is removed from said prongs.**
- 4) **The orthotic device of claim 3 wherein said relieved area is cut or otherwise formed in said lower surface to a depth in such a way as to allow depression or deviation from the main body of the device.**
- 5) **The orthotic device of claim 2 wherein said orthotic has a thickness and an upper and a lower surface and said interdigitated portions are formed by**

relieved areas cut or otherwise formed in said lower surface to a depth in such a way as to allow depression or deviation from the main body of the device.

- 5     6)     The orthotic device of claim 1 fabricated from a material selected from the group consisting of graphite, graphite fibers, carbon, carbon-carbon composites, polymer composites, fiberglass, spring steel or like materials.
- 10     7)     The orthotic device of claim 2 fabricated from a material selected from the group consisting of graphite, graphite fibers, carbon, carbon-carbon composites, polymer composites, fiberglass, spring steel or like material.
- 15     8)     The orthotic device of claim 3 wherein said resilient prongs have a base end at the point of attachment to said base and a distal end and wherein said distal end projects below said lower surface thereby providing an enhanced energy storage and release capability.
- 20     9)     The orthotic device of claim 8 further including a fulcrum at said base end to further increase the energy storage and release capability of said resilient prongs upon deformation and release.